



## So my personal best gets better

True Z5.4 Series Treadmills have real staying power thanks to best-in-class materials, proprietary components, and customizable options. The longer you live with your Z5.4, the more you'll grow to appreciate it.

Standout features include Heart Rate Control that adjusts your exertion for safe, efficient exercise, a larger 22" by 54" surface with 12 levels of softness, and smart design that takes up surprisingly little space.

Your Z5.4 Series is made for clear, 2-way communication. A quick glance tells you progress, distance, grade, time, speed and calories. Plus you can enter personal workout programs and access them with one-touch express keys.

### A HISTORY OF EXCELLENCE

#### Editor's Choice - "Best in Test"

"The quietest treadmill we tested. It has the whole package: great stability; comfortable, quiet ride; responsive controls; and a readable display."

Runner's World Magazine  
December 2002



#### The "O" Option

Experience maximum shock absorption and comfort with the optional Orthopedic Belt.

### Superior design for your own custom workout

The Z5.4 Series Treadmill provides unbelievable performance and unmatched design, quality and technology in a home treadmill. Only True allows you to **customize a workout that's as unique as you are** to maximize your fitness goals. And the Z5.4 gives you plenty of room for improvement, too, so you'll be training together for years to come.

### Put your best foot forward

All Z5.4 models feature the **SOFT Select shock absorption system**. It is designed to cushion the initial impact of your footstrike, and then transfer to a firm, secure surface as you push off. You can set the True Z5.4 Series for 12 different levels of firmness, one of which is just right for you. **This means significantly less stress on your ankles, knees, hips, and back.**

### Let your heart be your guide

One of the Z5.4 Series' great features is our **patented Heart Rate Control (HRC) System**. You select your target heart rate and the True Z5.4 HRC will automatically adjust both grade and speed to help you maintain that heart rate. **There is no better way to obtain maximum results from your fitness program** in the least amount of time.

### A long, rock-solid, relationship

Rather than using lightweight aluminum, all **True treadmills feature heavy-gauge, robotically welded steel** throughout for superior stability, durability, and performance. This helps ensure that you and your True will be together for years to come.

### Did you just hear a pin drop?

All True Z5.4 Series Treadmills feature a state-of-the-art 3 hp motor that, when coupled with its superior belt and deck system, **gives you the best workout possible without disturbing other members of your household or your neighbors**. You can also better enjoy your favorite TV show or music while you use your True.



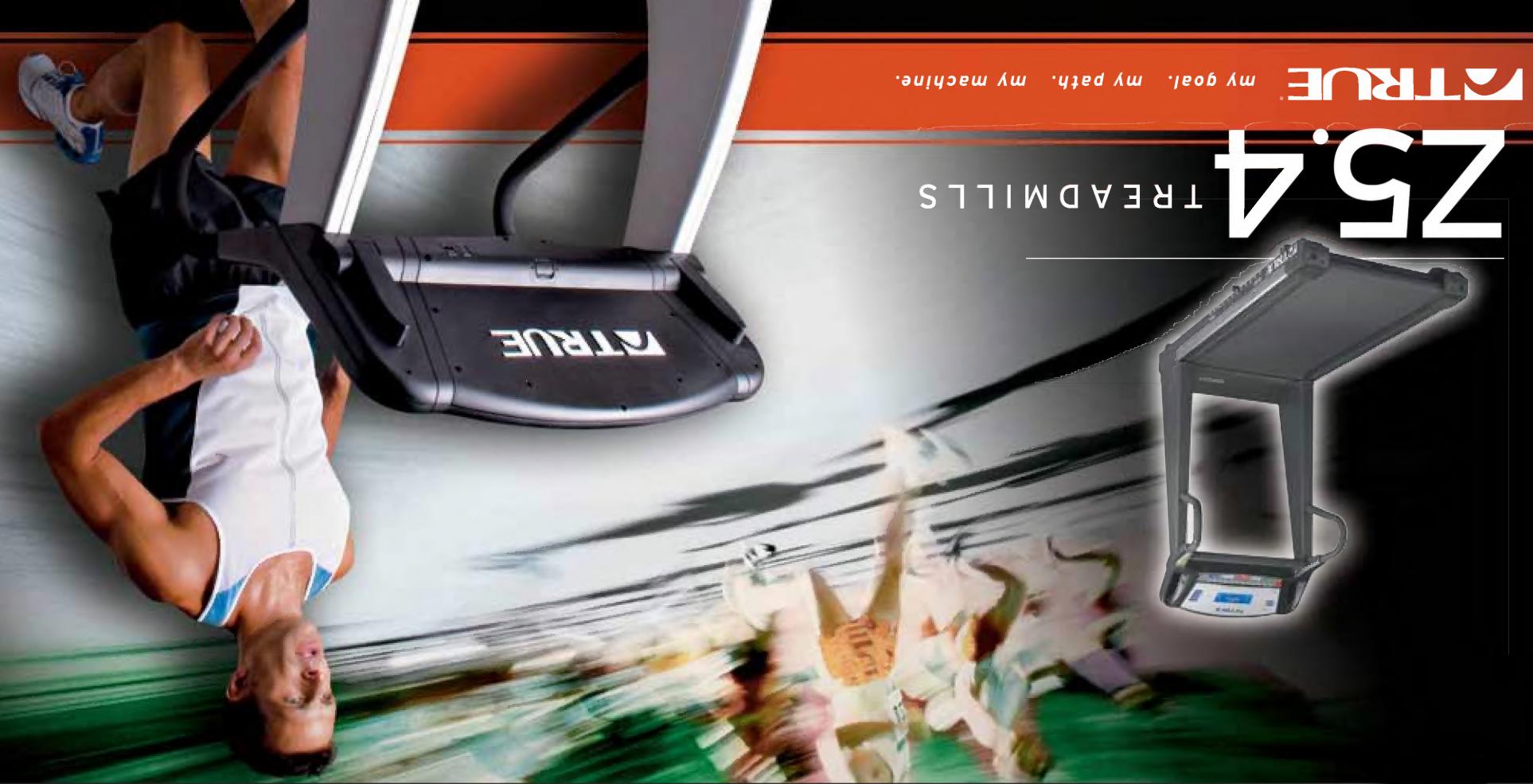
# Z5.4 TREADMILLS

my goal. my path. my machine.

**TRUE**

800.426.6570

truefitness.com



**Z5.4** TREADMILLS

# MY GOAL MY PATH MY MACHINE

**Turn your personal goals into reality.** Whether you're burning off ice cream calories or stress, following doctor's orders or a training schedule, True is made for you. Precision controls and remarkable adaptability advance you to your goals, putting you in absolute control.

The inspiration for equipment that's so in sync with you is Humanomics. It's a design philosophy that goes beyond the physical efficiency of ergonomics, to complement both body and mind. This is our founder's unique vision. Before anyone else in the industry, Frank Trulaske believed in a holistic, handcrafted approach to fitness equipment. True delivers optimal performance by ensuring all elements work precisely together. Including you, the user. That's why True equipment is comfortable, intuitive, even inspiring. And made for a lifetime.

*my goal. my path. my machine.*

**TRUE**



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HRC/HRCO Control Panel

True Fitness products feature sturdy structural steel frames, baked-on powder coat finishes and rugged trim details.



**Exceptional fit  
and finish**

HRC	HRCO
0 - 12 Speed Range	0 - 15 Incline Range
22" W x 54" L Treadable Area	22" W x 56" H Footprint
Orthopedic Belt	Manual SOFT Select
3 hp Motor	7 x 20 Progress/Matrix Display
Message Center	Standard LCD Display Type
Data Readouts	Polar Wireless Heart Rate Monitoring
Speed, Incline, Elapsed Time, Distance, Pace, Heart Rate, Time Remaining, Met's, Calories, Target Heart Rate, Target Heart Rate	Polar Wireless Heart Rate Monitor
Calories, Heart Rate, Time Remaining, Met's, Pace, Heart Rate, Time, Distance, Speed, Incline, Elapsed Time, Distance, Pace, Heart Rate, Time Remaining, Met's, Calories, Target Heart Rate, Target Heart Rate	Heart Rate Control Programs
5 Target HRC, 2 Interval HRC	3 User Programs
4 Preset Programs	4 Preset Programs
3 User Programs	3 User Programs
Welded Steel Frame	Express Key Commands
Cruise Control	International 220V Available
115V @ 15A Power	400 lb Maximum User Weight
275 lb Treadmill Weight	275 lb Treadmill Weight
30" W x 68" L x 56" H Footprint	Informational Specifications and Warranty

LABOR 1 YR.
ALL PARTS 10 YR.
FRAME 30 YR.
EXPRESS KEY COMMANDS
CRUISE CONTROL
INTERNATIONAL 220V AVAILABLE
400 LB MAXIMUM USER WEIGHT
275 LB TREADMILL WEIGHT
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